





Trails of Glade Creek

Trail Name	Distance (mi/km)	Description	Directions
1 Glade Creek Trail	 5.6/9.01	Moderate Enjoy the waterfalls, rhododendron thickets, and hemlock forests that border this creek-side trail, an abandoned narrow-gauge railroad. Glade Creek is a popular trout stream, with the lower section (between the footbridge and the New River) designated catch and release only. Expect several sets of steps before the footbridge crossing 3 miles up from the New River. The upper section of this trail is also used as an administrative road.	Take Grandview exit 129 off I-64. Turn south on WV Route 9. Travel 0.5 miles toward Little Beaver State Park (junction with WV Route 307 in 0.3 miles). Turn left onto gravel road (just before Fire Tower Road). Note: High clearance vehicle recommended for this road; be prepared for steep terrain, tight switchback curves, and muddy conditions. Follow this road down to Glade Creek (about 1.0 mile). Cross the bridge for trailhead parking. This trail can also be accessed from the Glade Creek Campground near Prince, off WV Route 41.
2 Kates Falls Trail	 0.2/0.32	Strenuous Hike this steep, but scenic trail to view Kates Falls. This trail is accessed off the Glade Creek Trail.	Follow directions above. This trail is accessed off the Glade Creek Trail, 1.5 miles upstream of the foot bridge crossing Glade Creek.
3 Kates Plateau Trail	 5.1/8.21	Strenuous Look for signs of beaver, deer, and turkey as you follow old logging roads. The trail passes through fields, forests, and near wetlands. Initially the trail passes under Interstate 64, then crosses Kates Branch. The creek crossing of Kates Branch can be challenging and involves some steep terrain. The trail is marked by blazes through the forest and includes one steep section.	Follow directions above for Glade Creek Trail. These two trails share the trailhead off WV Route 307.
4 Polls Plateau Trail	 4.9/7.89	Moderate Cross several creeks on this trail that passes through an upland forest and past an old farmstead. The trail follows an old roadbed; the route may not be obvious due to drainages and other old roadbeds.	Follow directions above for Glade Creek Trail. This trail is accessed from its junction with the Kates Plateau Trail. A topographic map is recommended for this remote trail.